BENGALURU, FRIDAY, MAY 13, 2022 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 25 | Min 21 | Humidity 88% Generally cloudy sky with one or two spells of rain Sensex 52,930 | Nifty 18,808 | Gold 51,490 | Silver 65,000 | Dollar 77.41 | Euro 80.56 | GBP 94.35

NO IFS AND BUTTS

Activists collect cigarette stubs to raise awareness against smoking

PAGE 4

ROAD RAGE

Nightmare on Mother's Day outing: Attack leaves 59-yr-old almost blind

PAGE 5

SKELETAL REMAINS: Despite High Court order for removal, decrepit metal frames of old hoardings dot cityscape

FREEZE FRAME

Circular issued on Feb 2, 2020, to remove metal structures

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TWEETS @BangaloreMIRROR

For the last two years, the Bruhat Bengaluru Mahanagara Palike (BBMP) has been trying to implement the Karnataka High Court's order directing removal of metal structures of hoardings put up at various locations across the city.

However, the metallic frames still remain intact against the backdrop of the Bengaluru skyline.

Then BBMP commissioner N Manjunath Prasad had issued a circular on February 2, 2020, advising the joint commissioners of eight zones of the BBMP to take measures to remove the metal structures of hoardings as per the High Court's direction.

Though the BBMP ward engineers embarked on removing the metal structures at various locations in the Central Business District (CBD) area and on important roads including Cubbon Road, MG Road, HAL Airport Road, Bellary Road, Queen's Road, Old Madras Road, the task of removing the metal structures remains unaccomplished.

Recently, BBMP west zone executive engineer floated a tender inviting bidders for removing unauthorised hoardings and metal structures.

"It has become a tough task as some advertising agencies file petitions in the court or get stay orders against the removal of hoardings and metal frames," said BBMP west zone chief engineer Vishwanath.

He said the civic body has

CONTINUED ON PAGE 7 »

BBMP assigning same agencies that put up the metal structures and hoardings for removing the installations, alleges citizen activist

> **"It is a tough task as advertising agencies file petitions in court or get stay orders.** — Vishwanath, BBMP chief engineer (west)

Ode to peace

Group spreads message of harmony, unity and love in public transport

Bellie.Thomas@timesgroup.com

TWEETS @Bellie_Mirror

A group of people including students and members of various organisations such as Bahuthva Karnataka, Karnataka Vidyarthi Sanghatane, All India Students Association, Karnataka Domestic Workers' Union, Stree Jagruti Samiti, and others, came together on Thursday and undertook the 'Samarasya Payana' or 'Journey for Harmony'.

Four teams boarded BMTC buses from Vijayanagar, Jayanagar, Lingarajapuram and Shivajinagar and interacted with passengers both at bus stations and inside the buses, to spread the message of harmony, unity and love.

"The event was organised in accordance with the state level convention on harmony and unity underway in Udupi," said Vinay Srinivasa, citizen activist and convenor of the BMTC Prayanikara Vedike.

"We wanted to spread a message about the Udupi harmony convention along with spreading a message of harmony in Bengaluru. We have been seeing so many divisive events. That's the reason why we organised this. On Thursday, we had people including students from various organisations holding placards speaking about harmony and how people of all castes, religions,

CONTINUED ON PAGE 7 »

3 THINGS TO DO

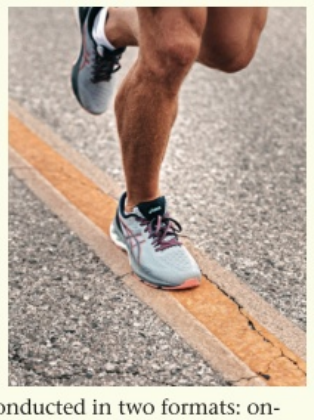
01 Elements of nature

Check out art show 'Elements' by artists Amrish Malvankar, Architect Shailesh Parwatkar, and Visual Artist Jude Gabriel. This is a collection that captures a new beginning. The fundamental elements of earth, wind, fire, and water aims to inspire art patrons to think in a new direction about how we can find our balance with the elements. **Where: Karnataka Chitrakala Parishath**
When: Till May 15, 11:00 am to 6:00 pm

02 Summer bazaar

Check out a special summer bazaar where you get to shop under one roof for products related to home decor, home linen, handcrafted gifting, bakes, eco-friendly products, sustainable clothing, natural luxury skincare, pashmina, sarees straight off the loom, home-care and much more! The women entrepreneurs will aim at focusing on reviving craft, showcasing artisans, sustainability, traditional wisdom, wellness and promoting local communities. **Where: MyBoTree, Koramangala**
When: May 13 and 14, 11 am – 7 pm
Contact: 9886419424

03 Run Bengaluru, run!



Folks, put on your running shoes as ASICS partners with Tata Consultancy Services to host its TCS10K run in Bengaluru, this May. After a two-year hiatus, the 14th edition of TCS10K is back with registrations open for participants. For the first time, the event will be conducted in two formats: on-ground and a virtual app-based run with ASICS as its official Sports Goods Partner. The event will witness world's leading distance runners along with amateurs from around the globe.
Where: The Sree Kanteerava Outdoor Stadium;
When: May 15, 6:00 am

Time to make a run for it!

TCS World 10K Bengaluru International Event Ambassador Justin Latin in the city for the meet and greet at Kanteerava stadium in Bengaluru on Thursday

PIC: KAUSHIK JN

Meds for haemophilia patients

Cabinet okays free medicines to those with haemophilia; funds for thalassemia, sickle cell anaemia

The Karnataka Cabinet on Thursday decided to provide free medicines to those suffering from haemophilia.

"According to estimates, one in 5,000 boys have haemophilia, so estimating that there are 4,000-5,000 patients of this disease in the State and high cost of treatment, it has been decided to provide medicines free of cost under the State government and National Health Mission funds, and Rs 29 crore has been approved for drug purchase," Law and Parliamentary Affairs Minister JC Madhuswamy said.

Speaking to reporters after a Cabinet meeting here, he said Rs 15 crore has been approved for purchase of drugs for thalassemia and sickle cell anaemia.

Also, the Cabinet decided to authorise Chief Minister Basavaraj Bommai to decide as to who should be appointed as the next Chief Secretary of the State.

"There are nine capable candidates in the list, it is left for the Chief Minister to decide," the Minister said. The current Chief Secretary P Ravi Kumar superannuates on May 31. According to sources, Additional Chief Secretaries Vandita Sharma, ISN Prasad and Rajneesh Goel are among those in the race. The Cabinet also approved the Karnataka Cyber Security Policy 2022-27.

"It deals with cyber security, training required, among other things..." Madhuswamy said.

The Cabinet also cleared a proposal to increase the construction cost of Anubhava Mantapa at Basavakalyan in Bidar district from Rs 500 crore to Rs 612 crore. Among other decisions include approval for Karnataka Private Security Agencies Rules 2022 in line with the Centre. **– PTI**

"Medicines will be given free of cost under the State government and National Health Mission funds, and Rs 29 crore has been approved for drug purchase.

– JC Madhuswamy, Law Minister

Learn-O-Daya: An online education open to all

Dayanand Sagar University along with Vijaya Karnataka, Bangalore Mirror organises free online CET training

Following the success of online educational initiative Learn-O-Daya last year, Dayananda Sagar University (DSU) has announced Chapter 2 of this project to be rolled out this month. The programme will include free online Common Entrance Test (CET) coaching classes for students in 2nd PUC/12th grade preparing for different exams. Learn-O-Daya is a part of the DSU's School Development Initiative Program (DSU-SDIP), which is being held in collaboration with Vijaya Karnataka and Asmathguru Educational Solutions Pvt Ltd.

The online classes will be designed for 2nd PUC/12th grade students. Science students aspiring to pursue courses in Engineering, Medical, Dental, Pharmacy, Physiotherapy, Nursing, Agriculture industry will benefit from this course, available to all students in Karnataka. The main subjects covered will be Physics, Chemistry, Maths and Biology. It comprises 22 sessions to start from May 21 till June 10.

The high-quality sessions will be delivered by renowned academicians with strong credentials in online coaching. DSU believes in empowering students by giving proper career guidance through (DSU-SDIP). On May 20, DSU will conduct a program orientation where the complete details and time schedules will be announced. Session will commence with a message from the Vice-Chancellor. The team of teachers will also share details about each subject. June 11 and 12 will focus on mock test series for self-evaluation.

Daily online classes will be of 4 hours (8am to 12:30 pm) during which, two subjects will be covered for two hours each with a break in between. Those who miss morning sessions can access recorded sessions of the subjects in the evening. Students will get all subject-related resource materials (soft copy). There will also be exam-oriented sessions. It will help for KCET, and our experts say it will also help with JEE/NEET/DSAT and other related entrance tests.

Students can register free of cost on DSU website www.dsu.edu.in. or call 080-46461800.

— Prakash VL

BangaloreMirror

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NO IFS AND BUTTS

Citizens, activists pick cigarette and bidi stubs in Bengaluru to raise awareness about public smoking and urge Union Govt to amend COTPA

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KAUSHIK JN

Citizens from various walks of life and professions picked butts and displayed banners to protest against public smoking

In an attempt to create awareness about public smoking, a group of citizens and NGOs have decided to pick cigarette butts in the city. These activists are also demanding for an increase in fines for public smoking.

Hundreds of NSS volunteers, citizens and civil society organisations collected cigarette and bidi (tobacco) butts to urge the Union Government to amend the Cigarettes and Other Tobacco Products Act (COTPA).

The drive will continue over a period of three weeks and cigarette butts will be collected from public places like tea shops, bakeries, hotels, restaurants, near educational institutions, hospitals, offices, theatres, parks, bus stations, railway stations, etc and will be collected safely in garbage bags across Bengaluru. It will culminate on May 31 at Rajiv Gandhi University of Health Sciences (RGUHS) where all the collected cigarettes and bidi butts will be displayed.

Members of Parliament will be invited and a memorandum will be submitted requesting them to raise the issue of rampant smoking in public places in the Parliament and get the amendment bill passed.

The campaign led by Consortium for Tobacco-Free Karnataka (CFTFK) in association with 32 coalition members was flagged off on Thursday by Former MP and retired IPS Officer Mr H T Sangliana, Former BBMP Mayor Ms Gangambike Mallikarjun and Dr K Ravi, Dean and Director of Bangalore Medical College and Research Institute (BMCRI).

"Roughly 100 children from five universities had joined the drive and they collected 10 bags each. Each institute has been given a bag to collect the cigarette butts. Today, the team targeted the city market area and in the coming weeks, they will be visiting various parts of Bengaluru including JP Nagar, Arekere, around BBMP offices," said Convenor, Consortium for Tobacco-Free Karnataka, SJ Chander.

"The initiative is aimed at creating awareness about the harmful impacts of using tobacco and also drawing attention to the instances of public smoking in violation of the COTPA Act. We want to break the common misconception that smoking using filters is not harmful," said Dr Ramesh Bilimagga, President of Consortium for Tobacco-Free Karnataka.

Experts also highlighted that even the stubbed-out butts left on the ground could have a significant impact on the environment and health of individuals. "The filter contains more hazardous substances than the rest of the cigarette. The nicotine-concentrated butt coming in contact with rainwater could percolate into the soil and simultaneously contaminate water bodies and aquatic life as well," said Dr TS Ranganath, HOD of Community Medicine.

Noting that there is a need to amend the COTPA passed in 2003, experts suggest a wide variety of changes.

"COTPA was introduced in 2003 and almost 20 years have passed since. For any law to be effective it has to be amended as time progresses. Though smoking in public places is restricted, we find this blatantly violated risking the lives of innocents by forcing them into passive smoking. Through this campaign, we urge the Union Government to take an important step towards improving public health," said Former MP and retired IPS Officer Mr H T Sangliana.

If the COTPA bill is passed, the fine for smoking in public places will be Rs 2,000, the legal age to purchase tobacco products will go up from 18 to 21 years, and loose sale of cigarettes banned, added Dr Bilimagga.

MLA faces flak over new office premises

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TWEETS @BangaloreMIRROR

The open-air theatre meant for public use; left: the MLA's new office signboard

Residents of Domlur are not happy. An open-air theatre which was meant to be used as a public space has now become the address of the constituency's MLA's office, and they feel that the tax payers' money has gone to waste.

The BBMP recently spent Rs 3.1 crore for the renovation of Bayalu Ranga Mandira (Open Air Theatre) situated behind Domlur Bus Stop. BBMP wanted to facilitate a public library on the first floor of the renovated theatre but Shanthinagar MLA NA Haris decided to use the space as a permanent office.

"I worked hard to get funds for the renovation of the theatre and open a public library for the benefit of senior citizens and others who want to read but the MLA has occupied the space," complained Domlur ward's former corporator CR Lakshminarayan.

Slamming the move, Shivakumar V, a social activist, said that Bayalu Ranga Mandira was built by late Patel Srinivas Reddy around 30 years ago but was into an MLA's office. "Many children used the vacant space as a playground. Now, they have no place to play as the gates are always locked. The first floor, constructed with tax-payers' money, has been converted into an MLA's office," said Shivakumar.

Residents are equally peeved. "There was no MLA office in Domlur all these years. What is the need for him to have a permanent office?" asked a resident on a condition of anonymity.

Shanthinagar MLA NA Haris said that opening of his office would not affect the activities at the open-air theatre. "As far as the allegations of occupying the space are concerned, some residents are making baseless allegations. There is a public library on the next street. The residents seldom visit the existing public library."

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Metal, unsafe for cars

Banashankari

This protruding manhole covering has jagged the tyres of many cars. This is on 23rd Cross, Banashankari 2nd Stage, Karisandra, Ward 166.

Site for accidents

Shivajinagar

A gigantic crater occupies a chunk of the road and is a potential cause for accidents to adults and children who like to play outside.

Spot the footpath?

KR Puram

The footpath is blocked by tea stalls and two-wheelers near Sri Rama Hospital, KR Puram. No tax, no fine; it is the same state on the opposite side of the market.

Nightmare on Mother's Day outing

Occupants of car that came close to brushing against another car taking U-turn assault man, his parents; attack leaves 59-yr-old almost blind

Bangalore Mirror Bureau
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMirror

A family of four including a pregnant woman and two elderly citizens who were on their way for a dinner on the occasion of the Mother's Day on Sunday night had a harrowing experience due to a trivial road rage incident. There was hardly any accident, but the quarrel that followed escalated to an extent that a 59-year-old man was rendered blind. His wife who came to his rescue was roughed up and their son was beaten up black and blue.

Rohit Arora (35), a finance professional and a resident of Mana Tropicale in Chikkanayakanahalli, off Sarjapur Road would not forget the night of trauma he and his family had to undergo after he got involved in a "trivial" row on the road.

Arora, his pregnant wife, his father Om Prakash Arora and mother were in a car that was following their neighbour's car. The two families were on their way to dinner at one of their favourite food joints for Mother's Day. "My daughter was in my neighbour's car that was before us which took a U-turn opposite to the VVR School near the Indian Oil Petrol Bunk on Sarjapur Road in Doddakannelli," Rohit told Bangalore Mirror.

It was around 9.30 pm and Rohit follwing the car ahead also took a U-turn. As he was doing that, another car heading in the opposite direction suddenly came on ahead and stopped.

"The assailants could have been drunk as they were reeking of alcohol as they were hitting us. My father says he can't see properly from one eye –Rohit Arora, victim

It was a yellow-board cab. The driver of that car glared at Rohit and asked what was wrong with him. Rohit decided to keep quiet so that the issue cools down. But the driver of the other car got down and began abusing and trying to open the door of Rohit's car asking him to get down. "The car glass was down. As I was getting down, the driver of the other car hit me on my face and head. My spectacles broke and I couldn't see very well," Rohit said. Rohit's father got down the car and asked the assailants to leave his son alone. In the meantime, another person from the car got down and the father with something in his hand which caused instant bleeding from his right eye. Seeing blood, Arora's wife got down the car to rescue him, but she was pulled by her hands and roughed up. "They continued hitting both my father and the mother when my pregnant wife was getting out of the car to come to help us by then. I pleaded with my wife to stay inside the car and lock it and asked her to call my neighbour who had gone up ahead," Rohit told BM.

Rohit then began running in a different direction as he thought the assailants would follow him and leave alone his family members, but by then a crowd gathered and a police patrol vehicle rushed to the spot and surrounded the two assailants. Rohit who is a part of a forum called the Citizens' Movement in Bellandur called up his colleagues and friends at his gated community and sought help.

Soon a convoy of his friends arrived at the spot along with a local leader and they headed to the Bellandur police station and filed a complaint. The Bellandur police have booked a case of assault, outraging the modesty of women, assault using dangerous weapons, wrongful confinement, and criminal intimidation against the two and are investigating further. "The two assailants seemed to be inebriated as they were reeking of alcohol when they were assaulting us," Rohit said.

"My father says he cannot see properly with his right eye. Doctors have suggested two detailed ophthalmological surgeries after which they would conclude whether my father can see or not," Rohit said.

IN BRIEF

Kidnap-murder: Gang of 7 arrested

The Bommanahalli police on Thursday arrested a gang of seven who are involved in the kidnap and murder of a 20-year-old man on May 9 over an old rivalry.

The accused abducted the victim Suhas Amul in an auto-rickshaw from outside a wine store and took him to an isolated place in Basavapura in Electronic City and stabbed him to death. Suhas was assisting his father, a middleman in a RTO office, and who had a fight with the accused earlier over a trivial row, the police said. Enraged by this, the accused decided to take revenge and abducted and killed him and fled from the spot. When Suhas did not return home, his father filed a missing complaint with the Bommanahalli police. The police took up the investigation and verified the CCTV footage from in and around the area to track down the accused. —BMB

Peddler held, hashish oil seized

The Adugodi police on Thursday, arrested a peddler and recovered 200 grams of hashish oil worth Rs 10 lakh from him. The accused was arrested on Mahalingeshwara Bande road while he was waiting for his clients to deliver the drugs. Police suspect that the accused had sourced the drugs from neighbouring states and smuggled into the city to sell it to his clients. He was booked under NDPS act and taken into custody for further investigations. —BMB

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Bengaluru's claim to frames

CONTINUED FROM PAGE 1

engaged contractors to remove hoardings and metal frames that are free from legal issues. "Many hoardings and metal frames were removed and efforts are being made to remove the remaining ones," he said.

Coming down heavily on the civic authorities for not removing the metal structures even after two years of the then BBMP commissioner's directive to do so, Sai Datta, a social activist who played a key role in filing a public interest litigation (PIL) in the High Court, said the problem with the BBMP engineers is that they select the same agencies that put up the metal structures and hoardings for removing the installations.

"How do you expect such agencies to remove the metal structures and illegal hoardings? I want the BBMP authorities to implement the High Court order without any delay," said Datta, adding that it has become a routine for the BBMP engineers to float a tender and, as usual, forget about it thereafter.

Balaji Raghotham, a social activist, said the metal structures and illegal hoardings have become a nuisance on Old Madras Road. "For instance, the metal structure near Benniganahalli railway underbridge has become an eyesore. I want the BBMP authorities to remove it. It is quite shocking to see such illegal metal structures still in existence despite Karnataka High Court's order," said Raghotham, adding that many banners and flexes are put up along Old Madras Road and adjacent areas but the BBMP is hesitant to take measures to remove them.

Meanwhile, Yelahanka zonal commissioner Rangappa said that measures were being taken to remove metal structures of hoardings in the zone.

"I do not have the data on the number of metal frames to be removed in Yelahanka. I have already instructed my subordinates to remove the metal structures," said the zonal commissioner.

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CHANGE OF NAME

I, Suja B S, D/o B N Subbarayappa, W/o Nitesh Agarwal, R/o 84/44, Sudhini laya, Nagondanahalli, Whitefield, B'lore-66. Presently R/o H.No 102, Sakchi Bazzar, PS- Sakchi, Town Jamshedpur, District East Singhbhum, Jharkand. Before Marriage I was known as SUJA B.S and after Marriage I Have changed my name to SUJA AGARWAL. SUJA B S and SUJA AGARWAL both the names are one and the same persons. Vide affidavit dated 04-05-22, Sworn Before Notary Dinesh Narayan Singh Jamshedpur

I, ISHAA D/o Vijay Mangalgi, R/at No.12, Flat No. S-1, Srivaridhama Apts, 5th Cross, BEML Layout 2nd Stage, Basaveshwaranagar, Bengaluru-560079, have changed my name to ISHAA VIJAY MANGALGI vide affidavit dated: 12/5/2022 Before Notary H.S. SAKALESH ARADHYA Bangalore.

I, Gouri Kulkarni R/o Harsha Pride Apartments, A Block 102, 6th Cross Road, Mahayogi Vemana Road, Kaggadasapura, C V Raman Nagar, Bangalore - 560093, have changed my name to Gouri Vasantrao Kulkarni for all purpose.

I, Tukaram S/O, Baburao R/o Flat No 331, 3rd Floor, DS Max Smartnest Apartment, ganigarahalli, chikkabanavara, bangalore -560090 have changed my name to Tukaram Jadhav for all purposes.

I Shambavi Ningaraja W/o Chethan Kumar R/o No 8,9 5th Cross Kanakapura Main Road Thalaghattapura Bengaluru 560062 declare that the name of my spouse has been wrongly entered as Chethan Kumar Santosh in my passport No-U4028187 whereas the correct name of my spouse is Chethan Kumar Santhosh.

I, VARTIKA MEHTA W/o Shivam Shukla, R/at Flat No.11072, Tata New Haven, Huskur Road, Makali, Bengaluru- 562123 have changed my name to VARTIKA SHUKLA vide affidavit dated: 12/5/2022 Before Notary H.S. SAKALESH ARADHYA Bangalore.

I, Sakib Ahmad Bashir Ahmad Gundanal, S/o. Bashir Ahmad R/a. #601, Smr Vinay Regency, Banaswadi Outer Ring Road, Bengaluru-560043 have changed my name to Saqib Ahmed Basheer Ahmed Gudnal Vide Affidavit Dtd 12 .05.2022 Before Notary B M Chandrashekar

I Nakhate Ravindra Guru Prasanna S/O, Nakhate Ravindranath R/o S/o Nakhate Ravindranath, No.48, Inchara, 1st Cross, Venkataswamappa Layout, Vidyaranyapura, Bengaluru - 560097 have changed my name to Nakhate Guru Prasanna

I, Pudhiandi Hashim Babu or P.H.Babu or P.Hashim, R/o No.7/3,Sunview 1st H Cross,7th Main, Subbanna Garden, Vijayanagar, Bengaluru-560 040, have changed my name To Pudhiandi Harish for all purposes, Notary affidavit 11/05/2022

I, Kuragayala Jeevana Latha W/o Siva Kumar Mamillapalli R/a #201, Felix Heights, Survey No 68, , Bhoganahalli, Bangalore-560103 have changed my name to Jeevana Latha Mamillapalli Vide Affidavit Dtd 12 .05.2022 Before Notary B M Chandrashekar

I, Mohith S/o Rajesh Sadashivaiah R/o #5, Lekhana Nivasa, Anapoorneshwari Lyt, Vaarabadgranagara, Banashankari III Rd Stage B'lore 560085 have changed my name to Mohith Rajesh for all purposes.

I, Renzil Edward Rodrigues S/O, Edward Rodrigues R/o 401, #539, 13th Main, 3rd Cross, Hongasandra, Mico Layout True Fiction Events have changed my name to Renzil Rodrigues for all purposes.

I Najmunnisa W/O, Late.Samiulla Maravekere Kasimsab R/o 88 Kempanna Street Dodddamavalli Bangalore 560004 have changed my name to Najamunnisa for all purposes

I, Mohaiddin Shariff S/O, C M Khasim Sharieff R/o 354, 10th Cross, Ilyaz Nagar Bangalore South have changed my name to Nayeem Sharieff for all purposes.

'Journey for Harmony'

CONTINUED FROM PAGE 1

regions, and languages are one and human. We also distributed pamphlets about the Udupi harmony march and shared different articles regarding the same," Srinivasa added.

As a part of the event, groups interacted with people at bus-stands and inside the buses, reciting poems with them and holding placards that displayed messages of harmony.

There was a group of students and members of the Domestic Workers Union in Jayanagar waiting for a bus to Majestic interacting with the public at the bus station. In Vijayanagar, noted Kannada writer Du Saraswathi along with students of Karnataka Vidyarthi Sanghatane, were part of the event, who got into the bus en route to Majestic.

"We spoke to people on the bus about 'samarasya' (harmony). A majority of people resonated with the theme and agreed with all of the messages except for a few who disagreed; this, we believe, is because the visual media broadcasts and telecasts views and opinions only of fringe elements that get highlighted often," Srinivasa pointed out.

Throughout the event, people and participants responded positively, according to the organisers. All the teams that took buses from various quarters in the city came to Majestic, where all of them read the Preamble of the Constitution aloud, and were also seen singing the popular song, 'Preethiya Gaali Beesuthidhe...' or 'Love across castes, across religions, and across languages'.

"There was Kavya Sanje too, a team dedicated to poetry, that had composed poems for this occasion. They shared their poems with the public; we read out the poems in buses, bus stations and in Majestic. We also distributed around 700 pamphlets during the event," Srinivasa added.

HC stays Centre's notification on aged vehicles

The High Court of Karnataka has stayed a notification issued by the Union Ministry of Road Transportation and Highways increasing the fee and penalty on vehicles that are more than 15-years-old.

The enhanced fee came into effect from April one this year. The Ministry issued the notification on October 4 last year.

In 2017, the High Court had quashed a similar notification issued by the Union Government earlier.

"Learned counsel for the petitioner submits that the identical notification issued by the respondent No.1/Central is quashed by this court in WP No. 10499/2017," the HC noted and issued an emergent notice to the respondents in connection with the new notification. The High Court vacation bench of Justice Hemant Chandanagoudar stayed the October 4, 2021 notification "till the next date of hearing."

The case will be next heard after the respondents have been served the notice. **IANS**

HEALTH TIP: Overcooking may also make food less healthy – mushy veg lose water soluble vitamins; charred meat can contain harmful chemicals

Shallots contain allicin, which causes the blood vessels to open up, lowering your blood pressure

BangaloreMirror | 8
Friday, May 13, 2022
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Attention, ladies & gentlemen

ADHD in adults is treatable – a clinical psychologist explains

When I was a child in the 1980s, the people I knew with attention-deficit/hyperactivity disorder were hyperactive boys who went to the school nurse at lunchtime to get their medicine. Many people assumed that these boys would "grow out of" their symptoms as teenagers or adults.

For most of the 200-year-plus history of the condition we now know as ADHD, it was considered a childhood disorder. Specialists began to more widely recognise that ADHD can also affect adults only in the 1990s, when scientific evidence showed that some people continue to experience ADHD symptoms into adulthood and that it can profoundly effect their lives. In the past 30 years, adult ADHD has gone from barely recognised to a well-established disorder with evidence-based treatment options. In my 20 years studying and treating ADHD in adults, it's been exciting to witness and, in a small way, contribute to advances in evidence-based treatment for adult ADHD made by researchers around the world.

Living with ADHD

ADHD is a disorder with symptoms of inattention such as distractibility and disorganisation. It can also include hyperactivity and impulsivity in some but not all. ADHD begins in childhood and causes problems in school, work and in social relationships. One study estimates that about 3.4% of adults worldwide meet criteria for ADHD, and recognition of ADHD in girls and women has increased in recent years. Symptoms of ADHD run in families and are linked to the functioning of specific brain regions.

But the experience of ADHD isn't entirely based in genetics. A person's environment can influence how much ADHD causes problems in their daily life. Because ADHD symptoms overlap with those of other conditions such as depression and anxiety disorders, a careful, multistep professional evaluation is necessary to accurately diagnose it.

There is no question that living with ADHD presents real and persistent challenges. But today adults with ADHD have greater access to information and more evidence-based treatment options. To date, the main strategies for managing ADHD in adults are medication and a type of therapy called cognitive behavioral therapy for adult ADHD. Current evidence points to medicine as being more effective at reducing adult ADHD symptoms than therapy, but the research base for ADHD therapy is growing. And because they work in different ways, medication and therapy can be considered complementary tools in the adult ADHD toolbox.

Medication options

The medications most commonly used to treat ADHD are called stimulants. It may seem strange that medications called stimulants are prescribed for a disorder that can involve hyperactivity. Stimulant medications for ADHD work by increasing the availability of the brain chemicals dopamine and norepinephrine in the regions of the brain associated with attention and self-regulation. Stimulant medications, when taken by mouth as prescribed, are safe and unlikely to be addictive.

> **Today, adults with ADHD have more access to info and there are scientifically supported reasons for optimism and hope about effective treatment**

The two main types of stimulant medications are methylphenidate, sold under brand names such as Ritalin and Concerta, and stimulants in the amphetamine family such as lisdexamphetamine, which go by the brand names Adderall and Vyvanse. Ritalin and Adderall are shorter-acting formulations – typically for four to six hours – while Concerta and Vyvanse are designed to work up to about 12 hours.

Common side effects from stimulants may include reduced appetite and weight loss, as well as headaches or sleep problems if taken too close to bedtime. In addition, people with cardiac problems may not be prescribed these because they can cause slightly elevated heart rate and blood pressure.

Nonstimulant medications used to treat ADHD in adults include atomoxetine, which increases the brain neurotransmitter norepinephrine, and bupropion, an antidepressant drug sometimes used to treat ADHD that increases both dopamine and norepinephrine.

A recent analysis found that all four of these medication types reduced ADHD symptoms better than a placebo, or "sugar pill," over about 12 weeks. Amphetamine-based medications worked the best overall for adults, and methylphenidate, bupropion and atomoxetine seemed to work slightly less well but with few differences among them. Unfortunately, very few studies have followed patients for longer periods of time, so it's unclear whether these positive results persist.

Several studies using health care datasets offer intriguing information about the potential positive effects of medication for people in real-life settings. These studies found a relationship between prescriptions for ADHD medications and lower rates of depression, motor vehicle crashes, suicide-related events and events related to substance abuse.

Specialised therapy

Whereas medications treat ADHD "from the inside out," specialised therapy for ADHD works "from the outside in" by helping clients learn skills and structure their environments to reduce the negative impact of ADHD on their lives.

In cognitive behavioural therapy, clients work with a therapist to understand the interaction between their thoughts, feelings and actions and learn skills to cope with problems and meet important goals. There are different styles of cognitive behavioral therapy based on the problem that the client wants to work on. These treatments are evidence-based, while still tailored to each individual client.

Over the past two decades, researchers have begun to develop and test cognitive behavioral therapies specifically for adults with ADHD. These specialised therapies help clients integrate organization and time-management skills into their lives. They also typically help people incorporate strategies to increase and maintain motivation to complete tasks and combat procrastination.

Most cognitive behavioral therapies teach clients to become aware of the effects of their thought patterns on emotions and actions so that nonhelpful thoughts can have less influence. Whereas therapy for depression and anxiety tends to focus on overly negative thinking, ADHD therapy sometimes targets overly positive or overly optimistic thinking that can sometimes get clients in trouble.

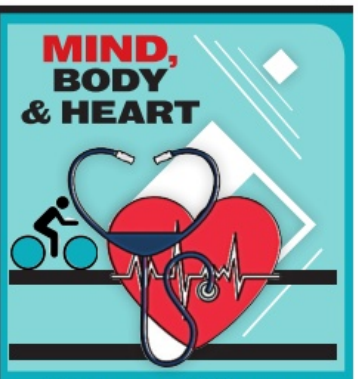
Reasons for optimism

In 2017, my students and I conducted a meta-analysis, a type of study that quantitatively summarizes the effects of multiple studies. Using data from 32 studies and up to 896 participants, we found that, on average, adults with ADHD who participated in cognitive behavioral therapy saw reductions in their ADHD symptoms and improvements in their functioning. But, the effects tended to be smaller than with medication. Cognitive behavioral therapy seemed to have stronger effects on inattentive symptoms than on hyperactive-impulsive ones, and effects did not depend on whether participants were already taking medication.

While cognitive behavioural therapy for adult ADHD appears to be a promising option, it can be difficult to find a therapist. Because therapy aimed at adult ADHD is relatively new, fewer clinicians have been trained in this approach. However, manuals for clinicians and workbooks for clients are available for those interested in this treatment option. And telehealth may make these treatments more accessible.

More targeted forms of ADHD therapy are on the horizon, including specific approaches for the needs of college students with ADHD.

(Laura E Knouse, University of Richmond The Conversation, PTI)



All problems solved

Dear Coleen

I'm a married woman in my late-50s and I've really struggled with the concept of getting older. I have tried to battle it by staying fit, minor cosmetic tweaks and an optimistic outlook, but I still feel a bit depressed, and my marriage is suffering.

My husband and I get on very well as friends, but we're not as close as we used to be and the future just feels a bit depressing, especially now our kids have grown up and left home. I'm finding this part of life more challenging than any other - even the baby and toddler stage when I was constantly tired and we struggled to make ends meet. I wondered if you had any advice on positive ways to move forward?

COLEEN SAYS

It is a very challenging part of life both emotionally and physically, and it requires a big shift in your mindset. Even if things are tough when you're younger, there's a momentum that carries you forward to achieve and reach milestones, and having the responsibility of kids is a big factor in that. Now you're dealing with empty nest syndrome and wondering what there is for you and your husband to look forward to.

I remember hitting 50 and suddenly feeling redundant as a mum and as a woman. In terms of your relationship, I think it helps to find new activities to enjoy together, so you can bond over them. Staying intimate and being affectionate is important – you may not be having chandelierswinging sex of days gone by, but it can be just as fulfilling and keeps you connected.

Stop thinking of this part of your life as a sentence you have to see through and think instead you finally have the opportunity to do a lot of fun things together without having to worry about the kids. It can be liberating.

—Coleen Nolan, Daily Mirror

Dark and beautiful

Thursday turned out to be one of the coldest days in the history of the city as the day temperature dipped by 13 degree celsius (May average) and city saw a maximum of 23 degree Celsius. The Met department has forecast cloudy sky and few spells of rain likely on Friday with strong surface winds.

PIC: KAUSHIK JN

What's that in my sandalwood oil?

Experts stress on quality control of medicinal oil as adulteration can modify its properties

Garima Prasher
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMIRROR

Sandalwood oil, possibly one of the most popular essential oils, is also the most adulterated. And while it has a wide range of pharmacological applications, adulteration can negatively impact its therapeutic properties. "Since sandalwood oil has medicinal and therapeutic benefits and is used in traditional medicine, quality control of sandalwood and its oil becomes even more important. The therapeutic and odoriferous properties of sandalwood oil are directly correlated with its qualitative and quantitative composition. The presence of adulterants often leads to modification of its properties," said Dr Rakesh Kumar of IWST, highlighting the issue of sandalwood adulteration.

He was speaking at an event organized by the Institute of Wood Science and Technology (IWST), Bengaluru to discuss the identification, analysis and adulterants of sandalwood and its oil.

According to the experts, common adulterants of sandalwood available in the market that have a similar external appearance and are also non-scented but treated with sandalwood oil are haldu, boxwood, gardenia and kalm.

Due to the ever-increasing demand and increasing price of Indian sandalwood and its oil, adulterants or cheaper substitutes are flooding the market.

Therapeutic and odoriferous properties of sandalwood oil are directly related to its composition

> **"There is a need to create a database of anatomical features of sandalwood species**
>
> – S Shashikala, IWST

"There is a need to create a database of anatomical features of sandalwood species available worldwide with methods such as chemical profiling, and DNA fingerprinting, to distinguish the wood samples at the species level with more authenticity," said S Shashikala of IWST.

Many timbers similar to sandalwood in external appearances are passed on to the consumers after application of sandalwood oil. Experts say, based on the external appearance, it is difficult to differentiate these adulterants from real sandalwood. "To avoid adulteration, information on characterisation and authentication of the wood is necessary. By studying the structure of wood and wood anatomy, one can get the correct identity of the wood and eliminate the adulterant," said Shashikala.

Experts say, this will not only help in authentication of wood and check malpractices being used in the market, but it will also minimise the economic losses to the end-user. According to Dr Chidanand of Karnataka Soap and Detergent Limited, it is important to simplify the regulatory regime regarding felling and transit regulations for sandalwood tree species grown on non-forest and private lands.

"Special incentives should be given to the growers in the form of subsidies for cultivation, protection and technological up-gradation of the security system. A uniform law for the entire country on the use and transport of sandalwood may help in the development of the overall status of sandalwood. However, we do not have a clear picture of wood harvested as it is mostly done illegally," said Dr Chidanand.

Application of technologies such as Electric Resistance Tomography (ERT) to evaluate standing sandalwood trees and ascertain their health conditions were also discussed at the event.

BBP's Himalayan Black Bear no more

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It was a tearful adieu to one of the favourite inmates of Bannerghatta Biological Park as Himalayan Black Bear Mohan died Thursday. The bear who was part of New Grand Circus Belagavi earlier was rescued and rehabilitated at BBP. Mohan was acquired on May 10, 2002 and was approximately 27 years old.

The postmortem report revealed that death was due to age-related lymphosarcoma.

Generally in captivity Himalayan Black Bears live for 25-30 years. "He was ailing from age-related problems for the past 15 days and eventually did not respond to treatment and succumbed. The visceral samples are collected and sent to IAH&VB Lab for further examination," said officials.

Birth in Mysuru zoo

Meanwhile, there was delight in Mysuru zoo as a white tigress Thara gave birth to three cubs recently. The three cubs are sired by a male tiger Rocky. The tigress and cubs were closely monitored by the animal keepers. Thara is eight year old and Rocky four years old. Currently, Mysuru zoo has nine tigers, seven tigress and three cubs.

No tomato flu cases in Bengaluru: BBMP

Bruhat Bengaluru Mahanagara Palike (BBMP) officials reiterated that Bengaluru has nothing to worry about over tomato flu as no cases of the infection have been reported in the city. Health Minister Dr K Sudhakar said though no case was reported in the State, officials are on high alert.

Tomato Flu is a rare viral disease, which causes red-coloured rashes, skin irritation and dehydration. The disease gets its name from the blisters it causes, which look like tomatoes. The fever affects children below the age of five. Tomato flu is in no way related to covid-19, Sudhakar added.

Cases of Tomato flu have currently been reported from Aryankavu, Anchal and Neduvathur in Kerala.

In this background the border districts of the State - Mangaluru, Udupi, Kodagu, Chamrajnagara and Mysuru - have been directed to keep a vigil on daily travelers from Kerala and also monitor children for any of the aforementioned signs and symptoms in OPDs of Health Institutions.

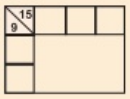
— BMB

Anti-conversion law: Govt's ordinance route frowned upon

With the numbers not in its favour in the Legislative Council, the ruling BJP in Karnataka on Thursday decided to opt for the ordinance route to give effect to a contentious anti-conversion law in the state, months after the Assembly approved it, even as the Archbishop of Bengaluru decried the move as "sad" and requested the Governor to not to give his assent to it.

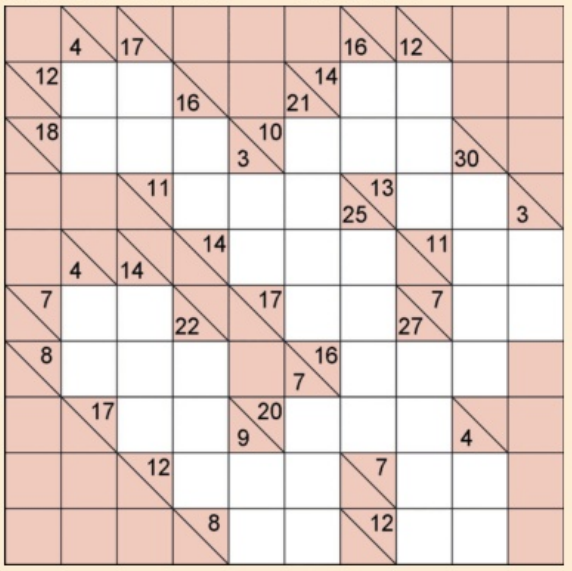
The Karnataka Protection of Right to Freedom of Religion Bill was passed by the Legislative Assembly in December last year but is pending passage in the council, where the saffron party is just one short of majority. The state cabinet on Thursday decided to promulgate an ordinance to give effect to the bill. Archbishop Peter Machado claimed fringe elements and groups will try to create problems for the members of Christian community. PTI

Kakuro

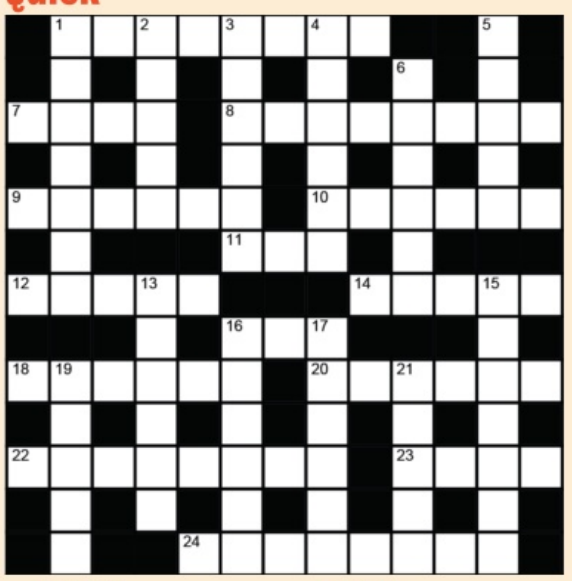


The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Minor planet (8)
7 Birds lay them (4)
8 Salvaging or saving (8)
9 First born (6)
10 Tossed slowly (6)
11 As late as or until (3)
12 Jeer (5)
14 Firmly fixed (5)
16 Baby blossom (3)
18 Royal city in Karnataka (6)
20 Specialist (6)
22 Confessing or admitting (6,2)
23 Muslim priest (4)
24 Ex-India skipper Hemu ___ (8)

DOWN

1 Pure, heavenly (7)
2 One of those things that differ, we are told? (5)
3 Something seldom seen (6)
4 Affront (6)
5 Scorch (5)
6 Capital of Maharashtra (6)
13 Of complexion, ruddy (6)
15 Leg-spinner Narendra ___ (7)
16 Asked for alms (6)
17 Ancient city of the oracle (6)
19 Shows boredom (5)
21 ___ donna : Diva (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: N EQUALS P

XAVUV OUV IEWV NVENPV TAE, BZ XAVH MEY'X OPUVOMH SYET, HED FOY'X XVPP 'VW.

Linemaro

So tell me the truth. How many beauty contests have you won?

Mindchow

Feeling gratitude and not expressing it is like wrapping a present and not giving it

Joke of the day

A man walked into the doctor's, and he said "I've hurt my arm in several places." The doctor said, "Well, don't go there any more."

Loop

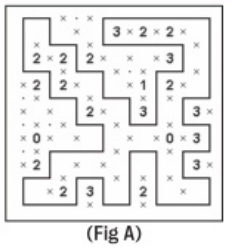
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

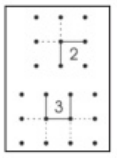
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

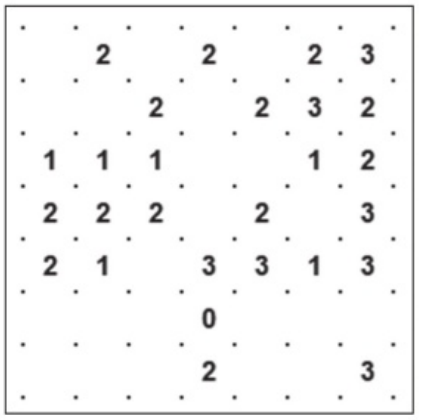
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



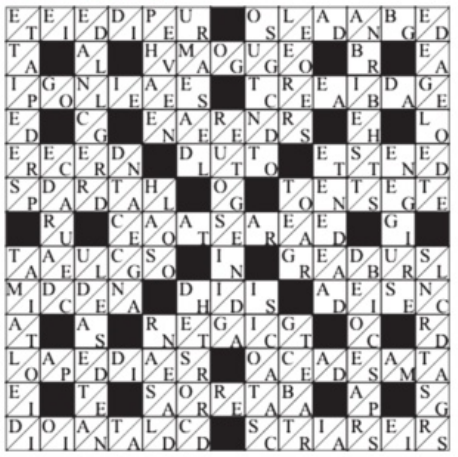
(Fig A)



(Fig B) Not Allowed



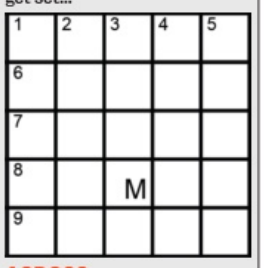
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Trams; 6 Enrol;
7 Tuile; 8 Ems me;
9 Splat

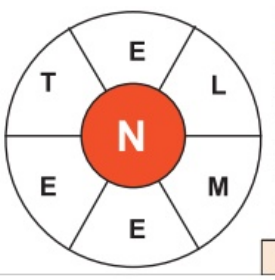
DOWN

1 Lumps; 2 To elm;
3 Amnia; 4 T reel;
5 Rests

Mensapuzzle

What areX and Y?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; 02 Good; 03 Outstanding

SudokuChallenge

					2	3	8	5
	7							9
					8		6	1
7				1		5		
	5		7		9		3	
		1		3				8
8	1		6					
6							2	
9	3	5	4					

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 11
2 6 7 9

Medium = 10
4 6 7 7

Hard = 28
4 6 8 4

Hocusfocus

Find at least six differences in details between panels.

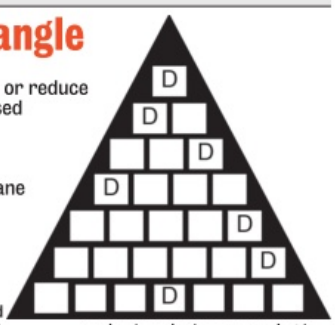
Differences: 1. Phone is moved. 2. Card is larger. 3. Tie is different. 4. Chair is missing. 5. Hand is moved. 6. Window is not as wide.

Riddler

Below are incomplete words. Place two letters in each bracket so that you can complete the word on the left and begin the word on the right. Good luck. Perfu (—) rge Barb (—) itor Again (—) ain

Alpha triangle

1 Fourth letter
2 Prefix for remove or reduce
3 Visibly embarrassed
4 Expensive
5 With weapons
6 Defaced
7 Tympanic membrane



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

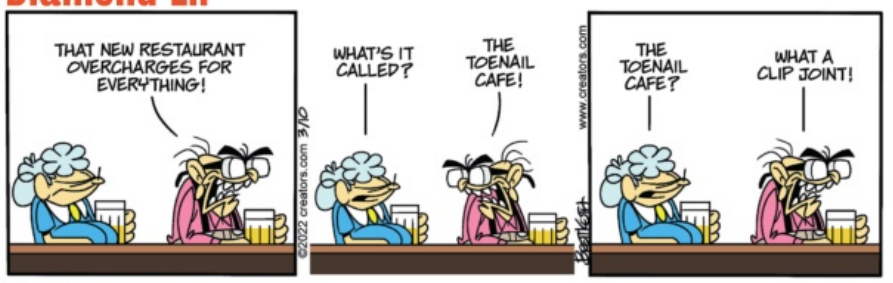
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

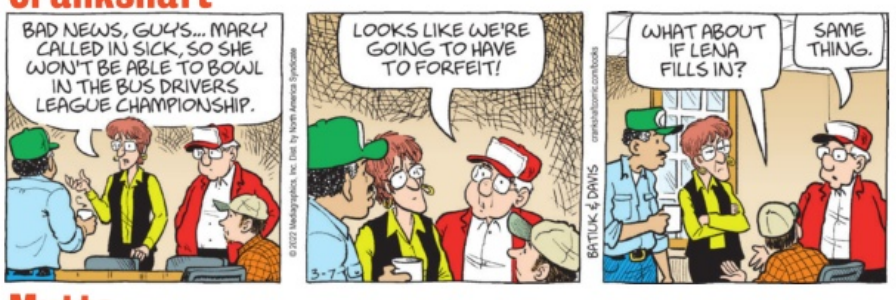
Bizarrotrip

Diamond Lil

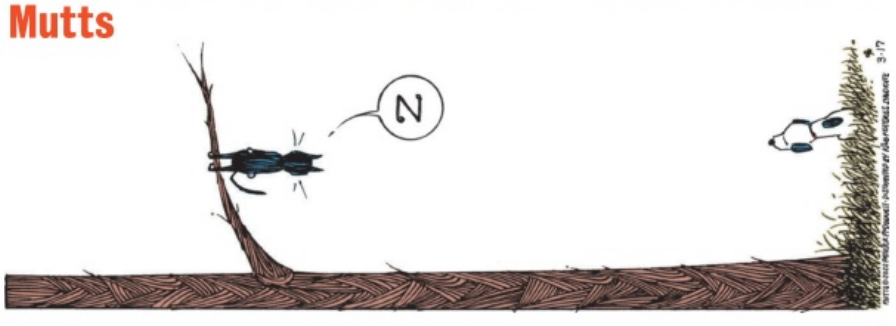


Hart of the city

Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may be busy in family get-togethers and social events; you may become polite with the people around you, which may increase your prestige among them. You may spend money in buying some artefacts or household stuff which may improve your social status. You are likely to hear some good news from one of your relatives.

Taurus Apr 21 – May 20
Today, you may be happy and blessed by the moon; you may feel healthy, which may reflect into your way of working. You may perform well in all areas of the life, which may improve your prestige. Your concentration may be very good today; you may take some difficult decisions in your business in terms of growth.

Gemini May 21 – Jun 21
Today, your vital power may slow down; your old disease may reappear which may make you upset. You are advised to avoid adventure tours or rash driving. You are advised to avoid any type of litigations; you may settle it out of court. Try to avoid making arguments on worthless topics. You may also plan for overseas tour.

Cancer Jun 22 – July 23
Today, you may start your day with happiness. At work, you may take quick decisions, which may increase your management skills, which may give benefits in near future. You may expect some new source of income, which may boost your savings. With the help of your business partner, you may invest some capital in the business. Your bonding with the spouse may be increased, which may result in harmony in the domestic life

Leo Jul 24 – Aug 23
Today, you may be busy on the workfront which may make you tired and you may be not able to spend proper time in family get-togethers. You may be able to create some overseas network also. You should be careful in terms of investments. Natives in the job may get a promotion.

Virgo Aug 24 – Sep 23
Today, situation is under control now. Your destiny is likely to be with you in terms of gains in business. You may get some rewards for your hard work. It may be a good time to reinitiate your postponed projects. You may expect peaceful religious travel. You may also plan to donate some amount to any religious place or to some charity.

Libra Sep 24 – Oct 22
Today, your moon is not in a good position; you may have health issues. You may face losses in business or in investment. It is advised to not invest into business. Your gains will become losses. So, you are advised to stop making investments in worthless objects. You should avoid being involved in controversies; otherwise, it will pull you down negatively.

Scorpio Oct 23 – Nov 22
You will be blessed by the moon today; you may expect to hear some good news in terms of profession. Domestic life is likely to be in full swings of joy. You are advised to avoid making arguments on worthless topics. Over-excitement may test your patience. You can take important decisions in making investments in real estate. Students will be focused in their studies.

Sagittarius Nov 23 – Dec 22
Today, you may be blessed by moon. Love would be in the air in terms of personal life. Singles may find suitable match. You may do better in terms of professional life. Your friends and subordinate staff may support you. Investments in gems and jewellery is likely to give positive gains in near future. You should be careful for elders' health.

Capricorn Dec 23 – Jan 20
You may be happy. You may have some sort of energy which may create your prestige among people around you. You may spend your time to study intellectual stuff. You may also plan for higher studies to groom your career. Students may hear good news in competitive examinations

Aquarius Jan 21 – Feb 19
Today, the starting of the day may be dull. After late evening, you may control negativity. New people may connect you on the work front. With the help of new people, you may try to revamp your business plans. It is advised to read documents before signing.

Pisces Feb 20 – Mar 20
Today, with the help of blessings, you may control your indecisiveness. Kid's health will be better now. Your colleagues may be supportive in your work, which will convert into success in terms of a project. You may expect to get some incentives with the salary. Natives related to dairy, water projects, grains, homemaker art and culture may do well.

KIDZONE

Melwin , 9 Years, Bishop Cotton Boys School

Ganesha R, 9 Years, Priyadarshini Vidya Kendra

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= 9–0+5+1
= 9–0+5
= 9+5 = 14

RIDDLER
Perfume – merge, Barbed – editor, Against – stain

BULL'S EYE
ELEMENT, lent, teen

FAST FIVE

S	M	A	R	T
L	O	N	E	R
U	T	I	L	E
M	E	M	E	S
P	L	A	T	S

QUOTE UNCODE
There are some people who, if they don't already know, you can't tell 'em.

STRIKE OUT

T	I	D	I	E	R	■	O	L	D	A	G	E	■	■
A	■	A	■	V	A	G	U	E	■	B	■	A	■	■
P	O	N	I	E	S	■	T	E	A	B	A	G	■	■
E	■	G	■	N	E	E	D	S	■	E	■	L	■	■
R	E	E	D	■	D	U	O	■	E	S	N	E	■	■
S	A	R	A	H	■	G	■	O	N	S	E	T	■	■
■	R	■	C	A	T	E	R	E	D	■	G	■	■	■
T	E	L	C	O	■	N	■	R	E	B	U	S	■	■
I	■	E	A	■	H	I	S	■	D	I	S	C	■	■
L	A	D	D	E	R	■	O	E	D	E	M	A	■	■
T	■	A	■	R	E	A	C	T	■	C	■	R	■	■
S	A	R	A	H	■	G	■	O	N	S	E	T	■	■

QUICK

■	■	S	■	■	A	D	H	I	K	A	R	I	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

MENSA PUZZLE
X is 193; Y is 63. In the outer ring, starting with the lowest number, each number is doubled and 1 subtracted from the result. In the inner ring, starting with the lowest number, each number is doubled and 1 added to the result. (Alternatively, in the outer ring, the progression is 5, 6, 12, 24, 48 and 96; in the inner ring the progression is 2, 4, 8, 16, 32).

SUDOKU

1	6	4	9	7	2	3	8	5
3	7	8	1	6	5	2	4	9
5	2	9	3	4	8	7	6	1
7	8	3	2	1	6	5	9	4
4	5	6	7	8	9	1	3	2
2	9	1	5	3	4	6	7	8
8	1	2	6	9	3	4	5	7
6	4	7	8	5	1	9	2	3
9	3	5	4	2	7	8	1	6

ALPHA TRIANGLE
D, De, Red, Dear, Armed, Marred, Eardrum.

LOOP

GO FIGURE
Easy
7 × 2 + 6 – 9 = 11
Medium
6 – 7 + 7 + 4 = 10
Hard
6 × 4 + 8 – 4 = 28

KAKURO

Volume No 15, Issue No 233 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Fourth Estate Ltd, No. 9/10/11-A, 4th Main, Bommasandra Industrial Area, Hosur Road, Bengaluru 560099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

 # 5 more witnesses to testify against Weinstein
A Los Angeles judge has ruled that five additional witnesses will be allowed to testify against former Hollywood film producer and convicted sex offender Harvey Weinstein at his upcoming rape trial

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Entertainment Industry Promotion

The punchline

Rare for female leads to do heavy lifting in comedy films: Kiara

Kiara Advani says it's rare for a female protagonist to do the heavy lifting in comedy films as most of the punches and jokes are reserved for male characters. Advani, who made her debut in 2014, has so far featured in two comedies, the 2019 hit 'Good Newwz' and her upcoming 'Bhool Bhulaiyaa 2', a mix of horror and humour. Women in Hindi film comedies are mostly passive participants unless it is a rare female-led genre film and Advani agrees that there is scope for women to do more. "It's very rare that a female protagonist adds a punch. I am still craving to do that. I'm part of these films, they all have had an interesting arc to the characters. But if I've to compare it to what your male protagonist is doing (in the film), then you just can't compare," the actor told PTI.

Advani, who has found success in romance and drama, with films like 'Kabir Singh', 'Guilty' and 'Shershaah', said the fact that female actors can't compare with what their male counterparts get to do in comedies is because sometimes "unfortunately that's how (the script) is written".

"It definitely does disappoint. Maybe now's the time you start speaking up and telling your director that you want more. Maybe now I will start doing that going forward," she added.

"Comedy is a tough genre but it doesn't get enough credit. It doesn't come naturally to many"

Advani, 29, believes comedy is a difficult genre to crack and doesn't often get the credit it deserves.

During her first outing in the genre in 2019, the actor credits learning the tricks of comedy from co-stars Akshay Kumar and Diljit Dosanjh.

In 'Bhool Bhulaiyaa 2', she said she was fortunate that she had equally proficient actors in comedy, from Kartik Aaryan, and Rajpal Yadav to Sanjay Mishra.

The film has been directed by Anees Bazmee, who is known for blockbusters in the genre like 'No Entry', 'Singh is King' and 'Welcome'.

"Comedy is an extremely tough genre but I don't think it gets enough credit. It doesn't come naturally to many, some people are just gifted. Comedy with Diljit and Akshay is just so organic. They get that timing correct, which is crucial. That experience made me learn a lot because it was the first time I was doing it.

"Even in 'Bhool Bhulaiyaa 2', everyone was fantastic and gifted and on top of that, when you are being directed by Anees sir, whose hold on comedy is so strong, you are in safe hands," she added. 'Bhool Bhulaiyaa 2' is a sequel to filmmaker Priyadarshan's 2007 film of the same name.

Advani said when she was narrated the sequel, it was a "no brainer" for her to say yes to the project."What helped me was that it had a new voice," she added.

—ETimes

Bored, Shilpa on social media break

Shilpa Shetty enjoys massive following on social media, her motivational posts and fitness inspiration are hugely popular with fans. However, the actress has now announced a break from Instagram and Twitter. "Soooo bored of the monotony, everything looking the same... going off social media till I find a new avatar," Shilpa Shetty announced on Thursday.

Just a couple of days ago Shilpa Shetty had penned an inspirational post on one's personality. "We're always told we're unique, and so, it is pointless to try to imitate or replicate someone else's behaviour. But, what we also need to be mindful of is that our own personalities have some good and some not-so-good aspects. Nobody is perfect. Nobody is all good or all bad. We're all works in progress..." she wrote.

—ETimes

Another Friends fan

American sitcoms 'Friends' and 'The Office' hardly need an introduction. Though the decade-long series wrapped up its final seasons over a decade ago, both the sitcoms manage to fit in and find an audience even today. 'Friends' and 'The Office' have fans across the globe, and by fans, we mean devoted fans, and it is a known fact that these two does not get along. Recently, during an Instagram Q & A session, Malavika Mohanan was asked by her fans if she likes 'Friends' or 'The Office'. And Malavika Mohanan turns out to be a 'Friends' fan. The gorgeous actress confessed that she is a fan of 'Friends' and also added that she hasn't watched 'The Office' yet.

"I am a big big 'Friends' fan, and a lot of 'The Office' fans will be offended, but I have never watched 'The Office,' Malavika Mohanan said.

During her Instagram Q & A session, Malavika Mohanan also shared an update on her upcoming Bollywood film 'Yudhra' with Siddhant Chaturvedi. "So we've finished shooting for 'Yudhra', but I guess Ritesh Sidhwani and Farhan Akthar have to decide when we are finally releasing our amazing film," she said.

—ETimes

Ezra claims they were assaulted for art

Actor Ezra Miller claimed they filmed themselves getting assaulted to make art in body-cam footage obtained from his recent arrest. In the footage, obtained by TMZ, Miller said: "I got assaulted and I started filming. Let me show you the video. I got assaulted in this bar, twice in a row. I film myself when I get assaulted for NFT crypto art...

"I film myself when I get assaulted for NFT crypto art. I'm being arrested for disorderly conduct? I was assaulted. You understand that, right? The guy at that bar declared himself as a Nazi. I have it on film and he attacked me."

The 29-year-old actor then repeatedly shouted at cops to get their identities.

They screamed: "What's your name? What's your badge number? Tell me your name and your badge number. Full name! Full badge number!" they scream repeatedly before their arrest.

"Don't touch me. Tell me your name and your badge number, now!"

The actor asked officers not to touch or confiscate their "Flash ring" as it "means a lot" to them before accusing cops of touching their genitals.

IANS

Watch this story come alive by pointing your phone camera at the QR code

Pretty pose

We take a look Ananya Panday's wardrobe to find a breathtaking collection of gowns